

# Yellow Advertiser

Barking & Dagenham

Week ending Friday February 15, 2019

yellowad.co.uk

Established 1976



## Local News

Dagenham, Parsloes Park, Becontree, Barking Central, Barking, Upney

No date for replacement electric trains on Barking to Gospel Oak line

# WEEKS TO A MELTDOWN

by Lewis Berrill

barking@yellowad.co.uk

A CAMPAIGN group has warned that the Barking to Gospel Oak overground line is “only weeks from meltdown”.

The Barking – Gospel Oak Rail User Group (BGORUG) told commuters the service “is just a few weeks away from multiple cancellations.”

Two of the diesel trains operating on the line are set to be moved to West Midlands Trains (WMT) this month with the final three following on March 15.

However, Transport for London (TfL) cannot provide a concrete date for when the incoming electric Class 710 trains – manufactured by Bombardier – will be ready, raising the prospect of significant reductions to services.

Glenn Wallis, BGORUG secretary, said: “We believe there are plenty of off-lease electric trains that could have been hired in and staff trained to operate them had TfL moved six months ago, thus avoiding this disaster.”

“All TfL have managed to do is kick the can down the road to mid-March, when passengers will find completely unacceptable levels of service and overcrowding every bit as bad as usual, with no end in sight.”

In June of last year, TfL’s director of rail and sponsored services, John Fox, said the Class 710 trains were expected to be in use by November 2018.



TRAIN: Class 710  
Courtesy of TfL

But delays caused by software issues and mileage testing have forced TfL to extend the lease of the current fleet of trains to cover the service.

A TfL spokesperson said: “Bombardier Transportation expects to have the new trains ready for driver training to progress from the end of February, although this depends on no further software issues arising.”

“Should driver training progress as planned, we will then be in a position to advise with more certainty when the new trains will begin to be introduced.”

WMT’s looming May deadline to provide the new Leamington-Coventry-Nuneaton service means there can be no more lease extensions for old diesel trains.

As a contingency plan TfL are modifying three existing electric trains normally used as maintenance spares elsewhere on the overground network for temporary use on the line. The first two of these have been introduced and are operating alongside the existing diesel trains.

If the Class 710s are not ready in time TfL will reduce the weekday service on the line to two trains


per hour and will consider further reducing weekend service to carry out maintenance.

A TfL spokesperson added: “We are exploring the options for a supplementary bus service and will keep customers informed via local and social media, posters, station announcements, and journey planner.”

The Class 710s have four carriages and longitudinal seating for 195 passengers, with room for 480 standing; the old diesel trains have two carriages with space for 120 seated passengers and 135 standing.

**ALPHA CARS**  
24 HOUR MINICAB & COURIER SERVICE  
**020 8591 8000**  
**020 3288 2044**  
Minicabs | Minibuses | Airport Transfer | Courier | Accounts  
www.alphaminicars.co.uk Email: alpha-cars@tiscali.co.uk

**TOURS BUS**  
Day Trips - Booking Now  
**AIDENKIRK VIA TRAIN/FERRY**  
Tues, Wed, Thurs & Sat Prices from **£38**  
**WARNERS CORTON COASTAL VILLAGE, SUFFOLK**  
4 Days, 3 Nights 29/03/19 from **£249**  
Other short breaks available  
Call for a 2019 pack!  
Call **01268 591833**  
for details or visit [www.petergodwardcoaches.co.uk](http://www.petergodwardcoaches.co.uk)

**CARPET CARE**  
Established 25 Years  
  
Carpet & Upholstery Cleaning  
• Deep Steam Clean  
• Fast Drying System  
• Free Deodoriser  
Call Anytime **07515 001 852**  
**020 8505 0110**

**We will write YOUR WILL**  
FOR ONLY **£49.99** +VAT  
(£59.99 inclusive) Safe to do business with  
**PARAGON LEGAL SERVICES LTD**  
AFFORDABLE EXCELLENCE ENDORSED BY  
OVER 18,000 SATISFIED CLIENTS  
Let one of our local professionals offer expert advice and create your Will in the privacy of your home, at a time to suit you, day or evening  
**WE CAN ADVISE YOU ON CARE FEES**  
Call Free **0800 0747 642**  
or **01206 544919**  
8am-10pm weekdays, 9am-5pm weekends  
Call us for a free home appointment and request your free information pack on Wills, Lasting Powers of Attorney, Trusts, Probate, Care Fees and Guaranteed Funeral Plans.  
Regulated by the Society of Will Writers and Estate Planning Practitioners  
[www.paragonlegal.co.uk](http://www.paragonlegal.co.uk)

**FIREPLACES**  
FANTASTIC RANGE - SUPERB PRICES - WE WILL NOT BE BEATEN!  
*Elegant Homes*  
**07956 554 434**  
520 Lea Bridge Rd, Leyton, London E10 7DT. Tel/Fax: 020 8539 2483  
451-453 High Rd, Woodford Green, Essex IG8 OXE. Tel/Fax: 020 8506 0600  
OPEN MON-SAT 10am-5pm  
  
HETAS  
safe



## Advertiser

North London & Essex News Ltd, Acorn House  
Great Oaks, Basildon, Essex SS14 1AH

Advertising  
01268 503422

Ad Manager  
Ursula Carey  
01268 503414  
ursulacarey@yellowad.co.uk

Distribution  
distribution@yellowad.co.uk

Editor  
Mick Ferris  
01268 503471  
mickferris@yellowad.co.uk

Reporter  
Lewis Berrill  
01268 503462  
havering@yellowad.co.uk

Publisher  
Vicky Wright  
01268 503400  
vickywright@yellowad.co.uk

Complaints should be made in writing, either by email to the Editor: Mick Ferris, mickferris@yellowad.co.uk or by post to Mick Ferris, editor Yellow Advertiser, Acorn House, Great Oaks, Basildon, Essex, SS14 1AH.

We take all complaints about editorial content seriously and are committed to abiding by the independent Press Standards Organisation ("IPSO") rules and regulations and the Editors' Code of Practice that IPSO enforces (IPSO Regulated).

**Tindle Newspapers Ltd**  
Printed by JPI Media Printing (Portsmouth) Ltd, Portsmouth Web, London Road, Hilsa, Portsmouth, Hants, PO2 9SX.  
The Yellow Advertiser Ltd is registered as a newspaper by Royal Mail.

Recycled paper made up 80.3 per cent of the raw material of UK newspapers in 2005

Like us on Facebook:  
www.facebook.com/YellowAdvertiser

## NEWS

# All star line-up for rebranded festival

FOLLOWING the news that there will not be a RiZE Festival this year after the 2018 event lost money, the Brentwood Festival has been rebranded.

Brentwood Festival has been hosting successful music events at The Brentwood Centre for nearly a decade. For 2019, the festival will return to the same venue from July 12-14 bigger than ever as Evoke Festival.

This year's line-up will feature the likes of Clean Bandit, who will headline on Sunday, July 14, Jessie J, headliner for the Saturday and Paul Young, who performs on the opening night, Friday July 12, with more announcements to follow.

Evoke Festival director Jason Jopson said of the new look event: "The Brentwood Festival journey so far has been nothing short of amazing.

"Starting at the White Horse Pub with a few bands performing on pallets, to the Brentwood Centre listening to some of our childhood idols, we've enjoyed every second of it.

"In the interest of the future of the festival, I've teamed up with some new partners who will bring with them more incredible acts to keep our loyal attendees entertained all weekend, and ensure the festival you know and love just keeps on growing from strength to strength."

For more information and to book tickets, visit [www.evokefestival.co.uk](http://www.evokefestival.co.uk). Categories are youth (eight to 17),



**POP TRIO:** Clean Bandit headline the Sunday night of three-day Evoke Festival

over-65s, child (under eight), VIP and Family passes (two adults + two youths).

Early Bird tickets are available.  
**Adult:** Camping tickets £80, Weekend £70, Day £25 and VIP £25.

**Youth:** Camping tickets £55, Weekend £45, Day tickets £15 and

VIP £25.

**Child Under Eight:** Camping tickets £25, Day - Free, Weekend - Free.

**VIP:** Day Tickets £75, Weekend £180.

There are no electrical hookups and the price is the same for tent, caravan or motorhome camping.

## Help to ease fuel poverty

WALTHAM Forest residents struggling to afford to heat their homes are being offered a helping hand.

Waltham Forest Council and charity The HEET Project have been awarded £500,000 from the Affordable Warmth Solutions' Warm Homes Fund to tackle fuel poverty.

The cash will help to support 200 households by providing first-time gas central heating systems for residents who use electric heating or gas fires. The project also offers funding for a free gas connection to properties as well as loft and cavity wall insulation.

Cllr Louise Mitchell, cabinet member for housing, said: "When people have a safe, decent roof over their head and warm house in which to live, they have the confidence and support they need to succeed and make the most of their life chances.

"We are determined to work to help those who may be struggling in the face of ever-rising fuel bills.

"It is a tragedy that in modern-day Britain, people are having to choose between heating and eating."

A household deemed in fuel poverty has to spend 10 per cent of its income on fuel to keep occupants warm and healthy.

Tom Ruxton, of the HEET Project, said: "Adequate warmth is essential to good health and can also help to reduce problems of condensation and mould growth in your home."

Residents on benefits or below an income threshold are eligible.

For more information call The HEET Project on 020 8520 1900.

# DENTS UK



## Accident Repair Centre

## OVER 20 YEARS EXPERIENCE



From only  
**£40**  
for minor scuffs  
& scratches

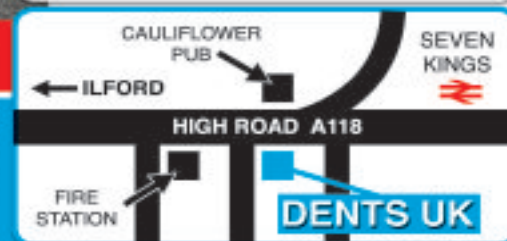
**All Makes & Models • High Tech Facilities**  
**£150 Excess Paid • FREE Courtesy Cars**  
**No Obligation FREE Estimates**  
**Insurance Company Approved**  
**24hr Recovery • Fleet Repairs**

Email a photo of your damaged vehicle to:

**sales@dentsuk.com**  
for an **INSTANT QUOTE**

**FROM MINOR SCUFFS TO MAJOR CRASH REPAIRS**

**SMART REPAIRS • DENTS/SCRATCHES**  
**WHEEL REFURBISHMENT • ALLOY REPAIR**  
**BUMPER REPAIRS, SCUFFS, CRACKS & SPLITS**  
**SERVICING AND ALL MECHANICAL WORK**



# 020 8514 8838

490 High Road • Ilford • Essex • IG1 1UE  
[www.dentsuk.com](http://www.dentsuk.com)







# **WE'RE CLAMPING UNTAXED CARS IN LONDON**

**Tax yours at [gov.uk/dvla/cartax](https://gov.uk/dvla/cartax)**

**Tax it or lose it**



**Driver & Vehicle  
Licensing  
Agency**



# The Holly

PRIVATE HOSPITAL

# Fed up waiting? Our private GPs can see you now.

7.30am to 8.00pm weekdays and  
9.00am to 1.00pm Saturdays.  
Choose from male or female GPs.  
Fast access to longer appointments,  
private prescriptions, onsite  
diagnostics and over 200 specialists.

Appointments from  
**ONLY  
£80**



**Call: 020 8936 1201 Visit: [theholly.com](http://theholly.com)**

**The Holly Private Hospital, Buckhurst Hill, Essex, IG9 5HX**



**UK EMPLOYEE  
EXPERIENCE AWARDS 2018  
GOLD AWARD**



**CXA'18  
UK Customer Experience Awards  
GOLD AWARD**



**SoR  
RADIOGRAPHY  
AWARDS 2018**



**INTERNATIONAL CUSTOMER  
EXPERIENCE AWARDS 2018  
WINNER**





# Burglars target church



**DISTINCTIVE:** A chalice (left), flagon and ciborium are missing

RELIGIOUS vessels were stolen from a church in Chingford.

Burglars broke in overnight between November 21 and 22 through a window at All Saints Church, Old Church Road, and took a items including chalices and a ciborium.

PC Nicole Garcia said: "These items are of great importance to the church and its congregation. I would urge anyone who has been offered them for sale to contact us. They are quite distinctive and would have stood out."

"The idea that someone would break into a place of worship is cause for concern and I would encourage anyone with information to come forward."

Anyone with information can call the North-East Command Unit on 101, quoting reference 2174/22 Nov 18, or Crimestoppers anonymously on 0800 555 111.

## YOUR NEW WALK-IN SHOWER CUBICLE

**Fitted in a day • No Mess • No Fuss  
at prices you can afford**



**ESSEX SHOWERS**  
**PHONE FREE NOW**  
**0800 212350**

## YOUR NEW BATHROOM

**Your new bathroom, supplied and fitted to your specification,  
Including tiling**

**All work carried out by our own fitters**

**Installation completed within four days at prices you can afford**



**ESSEX SHOWERS  
& BATHROOMS**  
**PHONE FREE NOW**  
**0800 212350**

**SPECIAL NEEDS BATHROOMS  
ALSO SUPPLIED AND FITTED**

**You Can Trust Essex Showers**

# CONCRETE BUILDINGS

• SHEDS • GARAGES • WORKSHOPS • CONSERVATORIES



**Wide range of sizes, styles and finishes. Low maintenance.  
Cost 1/3 less than brick buildings. Longer life than timber buildings.**

**All buildings are delivered and erected.**

**Old buildings cleared. New Concrete bases laid**

**OFFICES ~ STORES ~ GAMESROOMS & OTHER  
VARIOUS USES**

**Please ring for your FREE brochure**



Telephone or visit our showsite at:

**R. PAGE CONCRETE BUILDINGS LTD**

951-953 High Road, Chadwell Heath, Romford, Essex RM6 4HB

A Family run business since 1959

**020 8590 3701**

[www.rpageconcretebuildings.com](http://www.rpageconcretebuildings.com)

**CONCRETE SHED  
10X8  
SUPPLY & FITTED  
FROM**

**£1643**

**WE'RE  
CLAMPING  
UNTAXED CARS  
IN LONDON**

Tax yours at [gov.uk/dvla/cartax](http://gov.uk/dvla/cartax)

Tax it or lose it



Driver & Vehicle  
Licensing  
Agency





# Kitchen Installation and General Building Work

## Looking for the Kitchen of your dreams?



- We guarantee to beat any like for like quotation
- Free estimates
- Free kitchen design
- Granite, quartz, Marble accredited installers

Call us today on **07717 001917** [www.ecgroup ltd.com](http://www.ecgroup ltd.com)



## GET READY FOR 2019 OWN YOUR OWN HOLIDAY HOME AT **VALLEY FARM HOLIDAY PARK**

**UP TO  
£10K  
OF SAVINGS  
IN OUR NEW  
YEAR SALE**

**CLACTON'S PREMIER HOLIDAY HOME OWNERSHIP DESTINATION**



**DOUBLE GLAZED &  
CENTRALLY HEATED**  
2 BEDROOM MODEL  
**PRE-OWNED**  
WAS £42,919. NOW ONLY  
**£24,995**

**MANAGERS SPECIAL**  
2007 ATLAS NEVADA, 6 BERTH  
**INCLUDES**  
**2019 SITE FEES**  
**£10,995**



**MORE EXCLUSIVE NEW YEAR OFFERS AVAILABLE ON PARK & ONLINE**

Regular exclusive owners events ♦ Sports facilities and events ♦ Local attractions and family fun days out nearby ♦ Heated outdoor and indoor pools with toddlers pool  
♦ Just five minutes from the beach ♦ Extended season for our owners ♦ Family showbar and live entertainment ♦ Onsite restaurant & bar ♦ Payment options available ♦ Deposits from 10%

Call our Sales Enquiry Centre today on **01255 426096**  
[www.Parkdeanresorts.co.uk/ValleyFarm](http://www.Parkdeanresorts.co.uk/ValleyFarm). Valley Road, Clacton-on-Sea, Essex, CO15 6LY



# Classified



Call: **01268 503422**



email: **sales@yellowad.co.uk**



Post: **Yellow Advertiser, Acorn House, Great Oaks, Basildon, SS14 1AH**

## Articles for sale

Calls cost £1.02 per minute from a BT landline, Other networks may vary, calls from a mobile could be considerably higher. Text YABARGAIN (space) Advert up to a maximum 150 characters and send to 83149. Texts cost £1.02 plus standard network rates. If you do not want to receive details on any other product or services, please text the word EXIT at the end of your message. your advertisement will appear in the next available edition. We do not accept bargain ads under £100 by fax, post or person

**0905 624 0595**

### PUBLIC NOTICE

#### PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) REGULATIONS 1990 NOTICE UNDER REGULATION 5 and 5A TOWN & COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2015 NOTICE UNDER ARTICLE 15

The following applications for planning permission affect the character or appearance of the following conservation areas:

##### Aldersbrook

0260/19 Applicant Mr & Mrs Webb Location 32 Woodlands Avenue E11 3QZ Proposal Single storey rear extension

0362/19 Applicant Mr & Mrs Craig Location 20 Woodlands Avenue E11 3QZ Proposal Loft conversion with a rear dormer incorporating a Juliet balcony. Two front roof lights

##### The Bungalow Estate (Formerly Mayfield)

0211/19 Applicant Mr Barreto Location 19 Parkway IG3 9HS Proposal Single storey rear extension to replace the existing. Loft conversion incorporating 3 no. rear dormers and 1 no. front dormer with 1 no. roof-light at the rear.

##### Claybury

4963/18 Applicant Mrs Whitton Location 25 Clarence Gate IG8 8GN Proposal Demolish conservatory. Erection of single and part two storey extension to dwelling and garage block and single storey connecting extension. Rear patio. Loft conversion with three rear dormers and balcony. Two front lights and two windows to gable ends

##### George

##### Wanstead Grove

5058/18 Applicant Mr Ball Location 64 Grosvenor Road E11 2ES Proposal Demolish rear conservatory. Erection of single storey rear extension. Loft conversion with rear dormer and side dormer. One front roof light

##### Wanstead Village

0151/19 Applicant Mrs Healey Location 29 Spratt Hall Road E11 2RQ Proposal Loft conversion with a rear dormer. Two front roof lights

4073/18 Applicant O'Neill Location Cedar Cottage 1 - 3 The Green E11 2NT Proposal Removal of (Condition 9) of the approved planning permission 3348/18: Air Quality Assessment

##### Woodford Broadway

4877/18 Applicant Mr & Mrs Woeste Location 1 Monkhams Drive IG8 0LG Proposal Single storey rear conservatory

Applications for planning permission for major development

0337/19 Applicant Ilford High Road Ltd Location 74-76 High Road IG1 1DL Proposal Demolish existing structures. Erection of 10 storey building fronting Ilford High Road containing 36 residential units with flexible A1/A2/A3 floorspace at ground floor. Erection of 19 storey building at the rear, fronting Clements Lane, containing 81 residential units. Provision of a central courtyard, new access and landscaping

5211/18 Applicant London Borough of Redbridge Location Hainault Forest Country Park Proposal Restoration of '1856 Barn' including change of use to A3/D1 uses. Restoration of 'Main Barn' including change of use to A3/D1/D2 uses. Restoration of 'Forge Barn' including change of use to A1/B1/B2 uses. Change of use of storage units (south side of Barns yard) to A1, B1 and B2 uses. Conversion of offices including change of use to B1 uses. Demolition of existing changing room block, provision of new buildings for B1 and B8 uses, new fences, new playground, new public realm at Foxburrow Farm. New footpath from Romford Road to main site hub. New design for entrances at Romford Road/New North Road, Romford Road/Foxburrow Road and Romford Road/Forest Road. New boardwalk at eastern end and new bridge over main inlet on north side of Hainault Forest Country Park lake. New footpath surfaces, drainage, trees and shrub planting, ecological works, signage interpretation and wayfinding site-wide

0134/19 Applicant London Borough of Redbridge & Elliott Group Ltd Location Land either side of Woodman Road Manor Way Proposal Demolition of multi-use games area and adjacent outdoor gym equipment. Erection of 2no. three storey prefabricated modular buildings comprising of 60no. (total) temporary accommodation units for homeless households (Sui Generis Use) with associated access, car parking, refuse/cycle storage, landscaping and services for a temporary period of 10 years. New multi-use games area and outdoor gym equipment for community use

0133/19 Applicant London Borough of Redbridge & Elliott Group Ltd Location Development site adjacent to play area between 135-137 Brockton Way Proposal Erection of a three storey prefabricated modular building comprising of 30no. (total) temporary accommodation units for homeless households (Sui Generis Use) with associated access, car parking, refuse/cycle storage, landscaping and services for a temporary period of 10 years

##### Applications for Listed Building Consent

0413/19 Applicant CO-OP FOOD Location 175 Longwood Gardens IG5 0EN Proposal Co-op signage to the front, side and rear elevations

Applications can be inspected online at [www.redbridge.gov.uk/planning](http://www.redbridge.gov.uk/planning). If you require information contact Planning Services on 020 8708 2884. Representations should be made to Planning Services within 21 days of the date of this notice. Ciara Whelehan - Interim Strategic Head of Planning & Building Control. Date: 14 February 2019 DM No. 80192245

### MOTURING

#### ANYTIME ANYWHERE MECHANICS

#### SERVICING & BREAKDOWN

**07836 762959**

#### CARS WANTED CASH TODAY

**1/2 HOUR ANYWHERE**

**£700 MIN - £20,000 MAX**

MoT or not. Good, clean or damaged (vans wanted). High or low miles

**020 8529 4321**

**7 days, 24 hours (Local Dealer)**

JOAN LUCYTUCKER (Maiden name: Walling Previous name: l'Anson) (Deceased)

Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the above named, late of 94 Greenway Avenue, London E17 3QW, who died on 07/12/2018, are required to send written particulars thereof to the undersigned on or before 15/04/2019, after which date the Estate will be distributed having regard only to the claims and interests of which they have had notice.

Adrian Long,  
11 Derby Road, Surbiton,  
Surrey KT5 9AY.

#### AERIAL SATELLITE SERVICES

**aerialbase.com**

Aerials fully fixed

from **£59.99**

Aerial dish/repair

tune up/set up **£29.99**

• Same day service where possible

• Free call out estimates

• We will beat any quotation

**FREEPHONE:**

**0800 193 0017**

**07772 989840**

**0203 0219344**

**Local News**  
Online  
and much  
more...

**yellowad.co.uk**  
**Advertiser**

#### CARS WANTED - CARS WANTED

#### CASH TODAY

**1 HOUR ANYWHERE**

**£275 min -**

**£10,000 max.**

MoT or not, good,  
clean or damaged.

**07845 846 514**

**High or low miles**  
**7 days, 24 hours**

### FENCING

#### A K FENCING LANDSCAPE

10 Years Experience. All Types of Fencing Supplied & Fitted  
Also: Turfing, Decking, Block Paving & Railway Sleepers

**07973 439 226**

**or 020 8418 9788 (office)**  
**akfencing-landscaping.co.uk**

### GARDENING

#### RAINHAM SHEDS

**44mm Log cabins now on display**

Delivered and assembled free. Open 7 days a week.

Some sheds available for quick delivery

**NO DEPOSIT REQUIRED!**

16x4	pent or apex	£354.00
17x5	pent or apex	£430.00
18x6	pent or apex	£474.00
10x6	pent or apex	£665.00
10x8	pent or apex	£810.00

**MANY MORE SIZES MADE TO ORDER. ALL PRICES INCLUDE VAT.**

Find us on the London-bound A1306 New Road  
Some sheds in stock, available for collection.

\*ESTABLISHED 25 YEARS MANUFACTURING GARDEN SHEDS  
New Road, Rainham, A1306 • 01708 557 819  
[www.rainhamsheds.co.uk](http://www.rainhamsheds.co.uk)

### GARDENING

#### OUTDOOR SOLUTIONS MADE EASY

**Garden Tidy Up/ Clearances**

**£69**

**FREEPHONE 0800 587 2449**  
[www.garden-line.co.uk](http://www.garden-line.co.uk)

**GARDENLINE™**  
Environment Agency Registered Waste Carrier CB/LE5704201

To advertise in this section please telephone

**Advertiser**

### HOME SERVICES 2

#### KASKA Bespoke refurbishment company



Offering great prices on:

- Decorating
- Refurbishment
- Gutter cleaning
- Insurance claims for Water

Call Steve on 0203 763 3336

[www.kaska.co.uk](http://www.kaska.co.uk)

### PLUMBING & HEATING

#### AMR HEATING LTD BOILER, HEATING & GAS ENGINEERS

- ◆ Full Installation & Repairs
  - ◆ Boiler Replace & Servicing
  - ◆ Power Flush & Descaling
  - ◆ Satisfaction Guaranteed
- Competitive Prices**  
No Call Out Charges & Free Estimate On Installation

Tel: 020 8553 2700 Mob: 07860 288647

[www.amrheating.co.uk](http://www.amrheating.co.uk)

#### ALAN'S PLUMBING

35yrs Experience  
**All Plumbing works and blocked drains**

Call Alan  
**07973 670383**  
**01992 631929**  
Covering all areas

#### Local Plumber

*Small Jobs preferred*  
**0208 5304332**

**PLUMBER 24HR**  
**All plumbing work**  
Leaks, Blocks, Sinks, Bathrooms, etc  
No job too small  
No call out charge  
20% off for OAPs  
Call Lee  
**07944 048 167**

#### PAUL'S PLUMBING

Free Estimates  
No Call Out Charge  
**OAP 10% Discount**  
Any job, Any time  
**01708 557 746**  
**07958 499 140**

### RUBBISH CLEARANCE

#### RUBBISH CLEARANCE

Driver loads,  
7 day service,  
established 30 years,  
Tel 0208 500 8159  
or 07956 360753

### SKIP HIRE

#### A B C SKIP HIRE

2, 3, 4, 6,  
8, 12 yds  
Skips  
Same Day Service  
**01708 474 940**  
**0800 955 4940**

Please mention **US** when replying to adverts

**yellowad.co.uk**  
**Advertiser**

Your new employer could find **YOU!**  
Dear CV Match Services use official match making techniques to send the right jobs straight to your inbox.  
Updated once CV new top priority jobs are available and following the links  
[yellowad.co.uk/jobs.cfm](http://yellowad.co.uk/jobs.cfm)

### ADULT SERVICES

**30 SECS YOU'LL LOVE SEX CHAT FULL-HARDCORE X-RATED 35p PER MINUTE**  
**0982 505 1772**

**36P PER MINUTE PHONE SEX LIE BACK & PLAY**  
**0909 864 1381**

### Hi Im Joy

I offer a great massage service.

Come enjoy my warm space  
an oasis of pleasure and calm.

• Safe, quiet relaxing. • Free parking.

**07564 150723**

## Public Notices

Trade: **01268 503422**





PROMOTION



# Targeted figure shaping with the HYPOXI-Method®

The way to your dream figure

**H**YPOXI-Method® directly treats the problem areas with the use of gentle exercise, a specific activation of the metabolism combined with nutritional advice. This perfect harmony allows you to model your desired figure. Success with HYPOXI® is noticeable after only a few sessions with visible results.

## Why you cannot achieve this with a diet.

A beautiful properly proportionate figure cannot be achieved with a diet because the body will burn fat from the area where it's easy and fast but will only burn a little in the problem areas.

## Fat reduction works best!

For annoying and persistent fat and cellulite to disappear, they must be in the true sense of the phrase 'put under pressure'. This happens when HYPOXI® by a special Vacuum and Pressure therapy manipulates the targeted area. Unnecessary fat can be dissolved and with moderate training this then provides the conversion of fat into energy.

## Circulation promotes fat reduction

Our body at first will convert fat into energy from parts of the body that the blood can easily flow through then the enriched blood can be transported and used as fuel to burn the energy. Conclusion: The better blood circulation in problem zones during training the easier the fat can be reduced.

## The 3 pillars of the HYPOXI-Method®

HYPOXI® is an innovative figure forming method that works without diet and consists of the following:

- Fat burning exercise
- Vacuum Therapy(similar to cupping) and pressure treatment (similar to compression therapy)
- Nutrition

## New skin elasticity

HYPOXI® is the ideal method for targeted improvement to the skin. Through targeted exposure to the therapy, the connective tissue is streamlined and strengthened.

## Everything except diet!

The HYPOXI-Method® requires no strict dieting! Advice and guidance with regards to a healthy and balanced nutritional plan are an integral part of the HYPOXI®-Concept.♦



## Overcoming the overwhelming

The task of achieving a beautiful body may seem overwhelming. But with the fast and reliable HYPOXI-Method®, it actually becomes achievable. You can lose up to 2 sizes in just a few weeks, and that without having to starve or deprive yourself. Guaranteed results are achieved through a moderate fat burning exercise in combination with HYPOXI® equipment which activates targeted problem areas such as abs, hips, thighs or buttocks.



**CELEBRATE 10 YEARS OF HYPOXI WITH 2 WEEKS FREE TRAINING  
PURCHASE A COURSE OF 12 & GET 6 FREE SESSIONS**

24 High Road, London E18 2QL

020 8989 2700 ♦ [info@hypoxiwl.co.uk](mailto:info@hypoxiwl.co.uk) ♦ [www.hypoxiwl.co.uk](http://www.hypoxiwl.co.uk)





# Yellow Advertiser

Barking & Dagenham

Week ending Friday February 15, 2019

yellowad.co.uk

Established 1976



**ALL THE TOOLS  
YOU NEED**



020 8532 5000



www.its.co.uk



## NEW WORKWEAR BROCHURE OUT NOW

OVER 400 WORKWEAR LINES IN STORE IN STOCK



POWER TOOLS • HAND TOOLS • ACCESSORIES • FIXINGS • PLUMBING • ELECTRICAL  
IRONMONGERY • GARDEN & OUTDOOR • LADDERS & ACCESS • SECURITY

## YOUR LOCAL TOOL STORES!



**LEYTON**  
479 LEABRIDGE ROAD  
E10 7EB



**WALTHAMSTOW**  
UNIT 11 WALTHAM PARK WAY  
E17 5DU

**OPEN 7 DAYS  
A WEEK**

WEEKDAYS 7AM - 8PM  
SATURDAYS 8AM - 6PM  
SUNDAYS 10AM - 4PM

**P FREE CAR PARK AT EACH STORE**

WE ALSO HAVE BRANCHES IN **LOUGHTON IG10 3SQ** & **HARLOW CM20 2HW**



# A-Z OF HEALTH, BEAUTY AND DERMATOLOGY

With Frances Furlong



**N**ow January is here are you looking forward with positive thoughts, knowing you're going to give it your best and make it the start of what's going to be a great year for you? Taking time for yourself, family and friends is so important in such a busy world full of pressures.

**L** is for love handles, with this season being the most indulgent one, we often find we have put on weight especially around the stomach, waist, thighs and neck. Mesotherapy fat reduction injections can help you naturally lose this excess fat in combination with a balanced diet, plenty of water and moderate exercise.

Top tip - Eat every two to three hours (in other words, don't wait until you're ravenous and hungry). Skipping meals won't make you lose weight, it just makes you hungrier.

**M** is for Milia, skin tags, warts and verrucae.

Cryotherapy is the controlled destruction of unwanted tissue by the precise application of extreme cold we freeze enough to achieve tissue necrosis and limit the freeze to prevent collateral damage. This rapid freezing hits the skin at -27°C, it is a quick procedure taking 1-2 mins, it's a sterile procedure as no incision, cutting bleeding takes place, has an analgesic effect by cold temperature, it's safe and results are very effective.

**Skin Tags:** These turn black at the base and drop off over a period of one to six weeks. Larger skin tags 3mm+ may need a second freeze.

**Warts/Verrucae:** it is recommended if they are still there warts should be retreated after 4 weeks following your first treatment.

**Milia** As these are superficial keratin filled epidermal cysts these normally flatten and disappear with Cryotherapy.



**N** is for new year's resolutions. My advice to younger clients, teenagers and people who do not have a skin care regime is to "Get one in place". The basic anti ageing regime is to use products that help protect like SPF creams and vitamin C serums, stimulate collagen like vitamin A and attract water to the skin something to help, plump and hydrate like Hyaluronic acid.

**O** is for Oily acne skin conditions, help is at hand at Perfect Skin. Treatment, prescription drugs and home care plan products, giving you the support and education to get your self confidence back.

**P** is for primary care appointments, don't miss smear tests, or check ups that monitor blood pressure, cholesterol and weight. When things are detected earlier the outcome is always more promising. Male or female don't ignore abnormal bleeding, lumps or unusual lesions on the body. Also don't accept being excessively tired is normal, it could be your body trying to tell you there is a deficiency, get help - don't suffer!

**Q** is Questions To Ask Yourself Every Day If You Want To Be Healthier. Profound success is the result of small, smart choices completed consistently over time—and it applies to every area of your life, whether it's your work, relationships, finances or your health. Your success (or lack thereof) boils down to your daily choices and habits. If you don't take care of your health, no one else will, and it's the daily decisions that can create lasting change in your life. ■

1. Drink water like you mean it. 1.5 litres daily minimum.

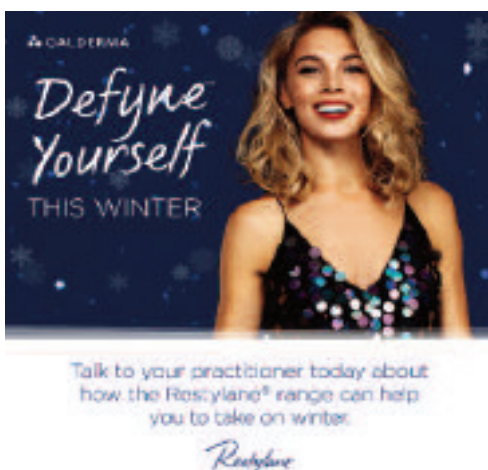
2. Enjoy some fresh air when you can.

3. Catch enough zzzz's.

4. Remind yourself of the things you're grateful for.

## THE DETAILS

Please call Michelle on 07508 404862 for further information.  
info@perfect-skin.co.uk  
www.perfect-skin.co.uk





# Carpets & Floor Coverings

## SALE NOW

## Direct

# UNBEATABLE PRICES

## IN THE FINEST CARPETS & FLOOR COVERINGS

**FAMILY  
COMPANY**



**All flooring  
fitted by our  
own tradesmen  
NO CONTRACTED  
STAFF**

**HOME SHOPPING SERVICE**  
Call now to arrange a **FREE** estimate & measuring and  
buy your flooring in the comfort of your own home

**ALL WORK FULLY GUARANTEED**

**ABINGDON**  
**STAINFREE**  
The original stain-free carpet

**KINGSMED**  
KARPETS

**WILTON ROYAL**

**QUICK STEP**

**Tarkett**

**leoline**  
Smarter flooring

**TRAEDAIR**

**Duralay**

### **Rainham Showroom:**

215 Upminster Road South, Rainham RM13 9BB

8.00am – 5.30pm Mon – Sat, Closed Sunday

**01708 554459**

**Stockists of: Carpets, Wood Flooring, Underlay, Vinyls & Laminates**

**FREE CUSTOMER  
PRIVATE CAR PARK AT  
FRONT OF SHOP**

**COLLECTION OF OLD  
FLOORING SERVICE  
AVAILABLE**



# Get the best dental care



With Dental Implants, Invisalign, Fast Braces, Whitening, Veneers and more

## Free Consultation\*

Invisalign



Implants



Teeth Whitening



### Award winning dental practice

\*booking fee of £35 is applied and refunded on uptake



**LONGWOOD HOUSE  
DENTAL CARE**

150 Longwood gardens Ilford,  
Essex IG5 0BE.

